**Tactic: Walk-and-Talks**

*Encourage reflection and connection through small-group walks. These informal conversations help participants process insights, build relationships, and spark new thinking.*

**When to Use It:**

Use as a daily ritual or after content-heavy sessions to help ideas settle and to create space for digestion and generative dialogue. Walk-and-talks can be especially useful when energy dips or when participants need time to reflect before re-engaging.

**How it Works:**

**Step 1 (5 minutes) | Set up the walk**Invite participants to pair up or form trios—ideally with people they haven’t spent much time with. Share 2-3 open-ended prompts related to the content just explored or previewing what’s ahead.

**Step 2 (30 minutes) | Walk-and-talk**Send groups out for a walk outside if possible, or even a seated conversation over coffee. Let the setting be relaxed and unstructured, ideally outside of the main room. Potential prompts include:

* **“What’s your first memory of being aware of the importance of [TOPIC]?”** 
  + *Use to spark personal storytelling and deepen emotional connection.*
* **“What motivated you to join this convening?”** 
  + *Helps surface values, intentions, or current priorities.*
* **“What unique perspective do you bring to this dialogue?”** 
  + *Highlights diversity of thought and experience in the room.*
* **“What’s most often missing from conversations on [TOPIC]?”** 
  + *Reveals blind spots, tensions, or unspoken truths.*
* **“What’s one question you’re carrying into this convening?”** 
  + *Opens space for curiosity and helps surface learning goals.*
* **“What’s something that feels unresolved or challenging in your current work?”** 
  + *Use to invite vulnerability and shared problem-solving.*
* **“What’s one shift you’re hoping to make—personally or professionally—in the next year?”** 
  + *Encourages future orientation and shared accountability.*
* **“What’s something you’re proud of in your work that others might not know?”** 
  + *Builds appreciation, confidence, and relational trust.*
* **“What capacity do you or your organization have to advance this work?”** 
  + *Orients toward action and possible collaboration.*

**Step 3 (15 min) | Discuss**When groups return, invite each to share one insight, question, or surprising thread from their conversation. Use this as a bridge to your next session or activity.

### **Helpful Tips:**

* **Be intentional with pairings.** If you want to mix perspectives or roles - feel free to pre-assign if the group could use a nudge in connecting with new faces.
* **Customize your questions.** Craft prompts that connect directly to the convening’s goals or themes.
* **Make prompts portable.** Print prompts for participants to carry with them as they walk to use as a reference.
* **Trust organic flow.** Not everyone will follow the prompts exactly—that’s fine. Trust that connection itself is productive.
* **Foster focused presence.** Encourage participants to leave their devices behind for greater presence.